

FALL/WINTER MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Waffle with fruit yogurt, fruit bowl	Cereal with milk, fruit bowl	Toast and jam, fruit bowl	Yogurt and arrowroot cookies, fruit bowl	Toasted English muffin with Wow Butter, fruit bowl
Alternative					
Vegetable/Fruit	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl
Grain	Waffle	Cereal	Whole wheat bread	Arrowroot cookie	English Muffin
Protein	Yogurt	Milk		Yogurt	Wow Butter
LUNCH	Fish sticks with rice and broccoli, honeydew melon	Chicken soup with a dinner roll, strawberries	Cabbage roll casserole, corn, peaches	Vegetable frittata with hashbrown potatoes and fruit salad	Turkey sloppy Joe with California mixed vegetables, grapes
Vegetable/Fruit	Broccoli	Mixed vegetables	Cabbage, corn	Peppers, onions, potatoes	Broccoli, carrots, cauliflower
Vegetable/Fruit	Honeydew melon	Strawberries	Peaches	Fruit salad	Grapes
Whole Grain	Rice	Dinner roll	Rice		Bun
Protein/Alternative	Fish	Chicken/Beans	Ground beef	Eggs	Turkey
Dairy	Milk	Milk	Milk	Milk, cheese	Milk
PM SNACK	Applesauce, cereal mix, fruit bowl	Vegetable sticks and mini croissant, fruit bowl	Banana bread, fruit bowl	Granola bars, fruit bowl	Oatmeal cookies, fruit bowl
Alternative					
Vegetable/Fruit	Applesauce, fruit bowl	Vegetable sticks, fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl
Grain	Cereals	Croissant	Banana bread	Oats, granola	Oats
Protein					

FALL/WINTER MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Toast with Wow Butter, fruit bowl	Cereal and milk, fruit bowl	Toasted bagel with Wow Butter, fruit bowl	French toast, fruit bowl	Oatmeal, fruit bowl
Alternative					
Vegetable/Fruit	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl
Grain	Whole wheat bread	Cereal	Bagel	Whole wheat bread	Oats
Protein	Wow Butter	Milk	Wow Butter	Eggs	
LUNCH	Shepherd's pie, squash, cantaloupe	Chicken quesadilla with California mixed vegetables, fruit salad	Tuna bites with brown rice, mixed vegetables, mandarin oranges	Minestrone soup with dinner roll, bananas	Chicken vegetable pizza, garden salad, berry crumble
Vegetable/Fruit	Corn, peas, carrots, potatoes	Broccoli, carrots, cauliflower, salsa	Mixed vegetables	Mixed vegetables	Peppers, onions, salad
Vegetable/Fruit	Cantaloupe	Fruit salad	Mandarin oranges	Bananas	Berries
Whole Grain		Tortilla	Rice	Dinner roll	Pizza dough, oats
Protein/Alternative	Ground beef	Chicken/Beans	Tuna	Beans	Chicken
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Fruit yogurt with granola, fruit bowl	Rice crackers with cream cheese, fruit bowl	Pitas with spinach dip, fruit bowl	Pumpkin muffins, fruit bowl	Bits and bites, fruit bowl
Alternative					
Vegetable/Fruit	Fruit bowl	Fruit bowl	Spinach, Fruit bowl	Fruit bowl	Fruit bowl
Grain	Granola	Rice crackers	Pitas	Muffins	Cereal
Protein	Yogurt	Cream cheese	Yogurt		

FALL/WINTER MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Toast with jam, fruit bowl	Cereal with milk, fruit bowl	Fruit smoothie with graham crackers, fruit bowl	Waffle with syrup, fruit bowl	Fruit yogurt with arrowroot cookies, fruit bowl
Alternative					
Vegetable/Fruit	Fruit bowl	Fruit bowl	Berries, Fruit bowl	Fruit bowl	Fruit bowl
Whole Grain	Whole wheat bread	Cereal	Graham crackers	Waffle	Arrowroot cookies
Protein		Milk	Yogurt, milk		Yogurt
LUNCH	Chicken alfredo with broccoli, peaches	Vegetable chili, garlic bread, cantaloupe	Turkey stir fry on brown rice, grapes	Tuna melt, coleslaw, strawberries	Beef lasagna, Caesar salad, fruit salad
Vegetable/Fruit	Broccoli	Mixed vegetables	Stir fried vegetables	Coleslaw	Romaine lettuce
Vegetable/Fruit	Peaches	Cantaloupe	Grapes	Strawberries	Fruit salad
Whole Grain	Pasta	Garlic bread	Rice	Bun	Pasta
Protein/Alternative	Chicken	Beans	Turkey	Tuna	Beef
Dairy	Cream sauce, Milk	Milk	Milk	Cheese, Milk	Cheese, Milk
PM SNACK	Frozen fruit yogurt with arrowroot cookies, fruit bowl	Cheese and crackers, fruit bowl	Zucchini brownies, fruit bowl	Vegetable sticks, mini croissants, fruit bowl	Granola bars, fruit bowl
Alternative					
Vegetable/Fruit	Fruit bowl	Fruit bowl	Zucchini, Fruit bowl	Vegetable sticks, fruit bowl	Fruit bowl
Grain	Arrowroot cookies	Crackers	Flour (brownies)	Croissants	Oats, granola
Protein	Yogurt	Cheese			

FALL/WINTER MENU WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal and milk, fruit bowl	Oatmeal, fruit bowl	Toasted English muffin with jam, fruit bowl	Toast with jam, fruit bowl	Cereal bar with cheese slice, fruit bowl
Alternative					
Vegetable/Fruit	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl
Grain	Cereal	Oatmeal	English muffin	Whole wheat bread	Cereal bar
Protein	Milk				Cheese
LUNCH	Chicken cacciatore with winter vegetables, pears	Grilled cheese, cucumbers, fruit salad	Tuna casserole with peas and carrots, mandarin oranges	Sausage with pancakes, mixed berries	Spaghetti Bolognese, cauliflower, fruit salad
Vegetable/Fruit	Winter vegetables	Cucumbers	Peas, carrots	Strawberries	Cauliflower
Vegetable/Fruit	Pears	Fruit salad	Mandarin oranges	Blueberries	Fruit salad
Whole Grain	Rice	Bread	Pasta	Pancakes	Pasta
Protein/Alternative	Chicken	Cheese	Tuna	Sausage/Yogurt	Ground beef
Dairy	Milk	Milk	Milk	Milk	Milk
PM SNACK	Frozen fruit yogurt with arrowroot cookies, fruit bowl	Nacho chips with salsa, fruit bowl	Rice cakes with Wow Butter, fruit bowl	Pitas with spinach dip, fruit bowl	Bits and Bites, fruit bowl
Alternative					
Vegetable/Fruit	Fruit bowl	Salsa, fruit bowl	Fruit bowl	Spinach, fruit bowl	Fruit bowl
Grain	Arrowroot cookies	Nacho chips	Rice cake	Pitas	Cereal
Protein	Yogurt		Wow Butter	Yogurt	